

Big or small – any change will help to create a healthier community, as well as prevent and reduce obesity.

The goals of the Healthy Works grant project, adapted from the [*F as in Fat: How Obesity Threatens America's Future 2011*](#) report from the Trust for America's Health and the Robert Wood Johnson Foundation, are:

1. To strengthen the ability for individuals to make healthy choices.

Examples may be to:

Incorporate at least one healthy option when ever food is offered - whether in the cafeteria, at events, during meetings or celebrations. Make at least half or more of the vending machine options healthy.

2. To remove obstacles that prevent individuals from making healthy choices.

Examples may be to: Create a written policy that allows employees who are physically active on their 15 minute break to add an additional five minutes.

Install a bike rack to offer transportation options.

3. To create more opportunities for individuals to make healthy choices. Examples may be to: Provide

discount memberships to fitness centers or parks and recreation areas to help keep employees active and healthy, if onsite facilities are not an option.

Hold small meetings while you're walking.

There are several other ways to prevent and reduce obesity that are popular and effective! Email us for more information.

Complete this **Success Story Template** and email to health@cdhd.ne.gov . [Read CDHD's success story featured in the Grand Island Independent!](#)



[The Healthy Workplace on ForbesCustom.com](#)